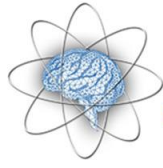


General Recommendations

- **WAVI Scan**
 - <https://wavimed.com/find-a-pactitioner/> and tbitherapy.com/imaging
 - Sometimes insurance will cover this treatment. This scan is helpful but not essential.
- **Hyperbaric Oxygen Therapy**
 - It is recommended that you do 40 treatments daily in a medical facility at 1.5 to 1.75 ATA (per doctor's order) with a repeat of 20 treatments after 3 months.
 - Alternatively, consider getting a **home hyperbaric chamber**. We usually recommend the Summit to Sea Dive or Grand Dive: tbitherapy.com/hbot-home. Contact Tanya at 970-927-0308 to find out more about how to get a hyperbaric chamber. We recommend using the chamber 5-7 days per week for approximately 4-5 months and then 3-4 days per week for the next 4-6 months for 1.25 hours per day.
- **Ketogenic Diet**
 - 2-3 months strictly if your stomach can tolerate it. Most importantly, stay away from all sugar, dairy, and wheat products.
 - For more info:
 - Read the book Fat for Fuel as well as the associated cookbook.
 - amazon.com/Fat-Fuel-Revolutionary-Combat-Increase/dp/1401953778.
 - amazon.com/s/ref=nb_sb_ss_i_1_16?url=search-alias%3Dstripbooks&field-keywords=fat+for+fuel+cookbook&sprefix=fat+for+fuel+coo%2Cstripbooks%2C206&crd=37DPP2K4ZZ20G
- **Cranial osteopathic manual therapy**
 - 1x/week for 6-12 weeks. cranialacademy.org/find-a-physician/
- **MCT Oil**
 - Use daily wildfoods.co/products/mct-oil-16oz-organic - 2 tbsps with meals. Do not mix into any plastic cups...only use glass.
 - You can also add this powder to your meals aspenintegrativemedicine.ehealthpro.com/products/kto-360-powder
- **Supplement Protocols**
 - While doing HBOT and before getting any PRP or PRP and Stem Cell package.
 - tbitherapy.com/supplements
- **TBI Therapy's Standard or Premium PRP and Stem Cell Package**
 - After doing at least 15-20 treatments in the medical hyperbaric facility (or one month in a home chamber) tbitherapy.com/tbi-therapy-packages/
 - Contact Tanya at 970-927-0308 when you are ready to do this program and she will send you the necessary supplements. We will need about 2-3 weeks of advanced notice to schedule the treatment.



TBI Therapy

Regenerative Therapy for Brain Injury

- **Testimonials**
 - From other patients here: tbitherapy.com/testimonials
- **Webinars**
 - tbitherapy.com/webinars
- **Adjunctive and Optional Therapies**
 - InLight Therapy inlightmedical.com/our-products/packages/6-port-expandable
 - VieLight vielicht.com/devices/vielicht-neuro-alpha
 - Alpha Stim Device use 20 min/2x/day to reduce anxiety: alpha-stim.com
 - Brainwave player apps:
 - Binaural rhythms -- 30 min per day while at rest.
 - Brainwave programs--use 30 min 2x/day apps.apple.com/us/app/brain-wave-35-binaural-series/id307219387
 - Also, check out eocinstitute.org/meditation/brainwave_charts_brainwave_patterns/?mind_power&gclid=CjwKCAiAi_D_BRApEiwASslbJ85Adb-HhhcKVfGxGNuoyWQUi5j4NmARMX7LrYxmrT6AvkklUCShhoCnIQQAvd_BwE

Please see www.tbitherapy.com for more in-depth information about each of these protocols and their benefits as well as adjunctive therapies. Please follow up with Dr. Hughes' office with any questions or information about these treatments.

Contact Information

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